

THE SELF-LOVE JOURNEY: COMING HOME TO YOURSELF

1. Begin with the Breath

“Start by placing your hand on your solar plexus — right below your chest. Take a slow, full breath into that space. Feel yourself expand.”

- Breathe in *awareness*.
- Exhale *judgment*.
- Keep breathing until you feel your shoulders drop and your chest soften. This isn't about forcing calm — it's about returning to your center.

2. Witness Yourself Honestly

Once you're grounded, look gently at yourself — not through shame, but curiosity.

Ask yourself:

- “What have people said about me — both kind and cruel?”
- “What have I been saying about myself?”
- “Which of those stories actually belong to me, and which were given to me?”

 *This is your first act of self-love: seeing yourself clearly without running away.*

3. Decide to See Yourself as Whole

Make a conscious decision:

“I choose to see myself as I am — imperfect, beautiful, growing.”

This isn't about ignoring flaws — it's about realizing that your worth was never tied to perfection.

Repeat this daily, especially when you fall into self-criticism.

4. Reclaim Your Voice

Each time you catch an old, hurtful thought (“I'm not enough,” “I always mess up”), pause and breathe into your solar plexus again. Then say,

“That's an old story — it doesn't define me anymore.”

Replace it with something *true* and *compassionate*, not fake positivity — for example, “I'm still learning, and that's okay.”

5. Act in Alignment

Self-love becomes *real* when you start acting like you deserve your own care.

That means:

- Setting boundaries without guilt.
- Resting when you're tired.
- Saying “no” when it costs your peace.
- Surrounding yourself with people who see your light.

These are daily decisions that reinforce your new self-image.

6. Celebrate Small Shifts

Every time you choose kindness over criticism, *that's healing*.

Every time you pause before reacting in shame, *that's growth*.

Celebrate it.

Gratitude keeps the journey sustainable.

7. Make It a Practice, Not a Phase

Permanent change comes from repetition, not revelation.

Return to your breath, your body, your truth — again and again.

Self-love is not something you *find*; it's something you *build* by choosing presence over performance.